

Awaken Massage & Wellness

Life Coaching Discovery Session Form

Name: _____ Date: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Work Phone: _____

In case of emergency, Call: _____

Name: _____

Phone: _____

Relation to you: _____

Date of Birth: _____

Email Address: _____

Occupation: _____

How did you hear about my coaching services?

Reason for wanting a life coach:

Other areas of interest: Please circle any which apply:

Career/Work

Wealth/Money

People/Relationships

Health/Wellness

Personal Growth

Areas you may wish to improve (not listed above):

Name of Primary Care Physician: _____

Address of Primary Care Physician:

Phone number of Primary Care Physician: _____

Please list any medication you are currently taking:

Please note any treatment(s) you are currently receiving from ANY health care provider(s):

Pursuant to North Carolina Business and Professional Code, I, Ashley Reynolds, make the following disclosures: I am an employee of *Awaken Massage & Wellness*. I am a professional who provides services that are alternatives and complementary to the healing arts services licensed by the state. Each client will be interviewed and if it is determined that the services I provide can be of benefit, I will provide services in accordance with the education, training and experience I have.

I offer the following services:

Coaching: This “is a process that enables learning and development to occur and thus performance to improve. To be successful, a coach requires knowledge and understanding of process as well as the variety of styles, skills and techniques that are appropriate in the context in which the coaching takes place.” (Parsloe, 1999)

These services are not licensed by the state. The services do not include the practice of medicine or psychology or any other healing art, since I am not a licensed physician. This is appropriate because **I don't fix anyone**. I specifically work with clients who are healthy enough to take full responsibility for their lives and simply want a partner who, for a limited time, will assist them in making big changes. Coaches may be experts in transformation, but their clients are experts in their own lives. Putting clients in the driver's seat is, itself, transformative!

_____ *(Please initial here indicating that you understand this paragraph)*

I have the following education, training, experience and other qualifications regarding the services provided:

- Certified Life Coach through the American Union of Neuro-Linguistic Programming (www.AUNLP.org)
- Past experience working with a Certified Life Coach and Certified Wellness Coach for life goals and weight management.
- Studied and personally applied Behavior Change, Goal Setting, the Law of Attraction and Positive Mental Attitude techniques.

If you have any concerns or complaints about the services provided, please speak to me. I can be reached at 704-770-8214.

I, (please print your name) _____, hereby acknowledge that I have been provided with the above information, have read such and have received a copy of this disclosure.

Client Signature

Date

Cancellation/Reschedule Policy

(for in-person/phone appointments)

Name: _____

A 24 hour notice is required for all cancellations or rescheduled appointments. If our office is not notified of a change prior to 24 hours before your appointment, you will be charged the full price of your session.

If you reschedule the same appointment more than once, you will be charged double for that session.

These fees will be charged to your credit card if we have one on file, otherwise they will be billed to your mailing address and due upon receipt.

By signing below, you acknowledge an understanding of the above policies and agree to be subject to them.

Client Signature

Date

Getting Started: Beliefs, Guidelines and Assumptions

I have included some questions that will be useful to get you started. Please feel free to respond in the manner that is most comfortable for you.

About Life:

What are your passions?

What is your mission?

What do you consider your role to be in your local community? In your country? In the world?

What is life about?

What accomplishments do you think must occur during your lifetime so that you will consider your life to have been satisfying and well lived – a life of few or no regrets?

If you could devote your life to serving others – and still have the money and lifestyle you need – would you do it? How would it look?

About Yourself:

Who are you at the very core of your being?

What are the guiding principles or values that you live by?

What is important to you?

What is possible for you to accomplish?

What are you capable of?

What is your sense of self-worth?

What do you deserve?

What (if any) are your limitations?

Is there a particular belief system you subscribe to, religious or otherwise?

About Change:

How easy or hard is it to change?

Can change last?

What is the value of flexibility?

What creates change?